

## **ABSTRACT OF THE DISCLOSURE**

A cable structure for weight lifting exerciser includes a core comprising a braid of steel wires and a first Nylon layer is wrapped to an outer periphery of the core and a second Nylon layer is wrapped to an outer periphery of the first 5 Nylon layer. The first Nylon layer and the second Nylon layer have different colors. Therefore, the color of the first Nylon layer becomes a visible warning color when the second Nylon layer is worn out.